



72-Hour Emergency Kit



The following is a sample of items necessary to prepare for a 72-hour emergency – additional information can be found at www.ready.gov

- Water: One gallon of water per person per day for at least three days for drinking
 - Fill bathtubs and additional containers for cleaning/sanitation water
- Food: At least a three-day supply of non-perishable food
 - For example:
 - Protein/Granola Bars, Trail Mix, Dried Fruit, Crackers, Cereals, etc.
 - Canned Tuna, Beans, Turkey, Beef, Vienna Sausages, Soups, Stew, Raviolis, etc.
 - Canned Juice, Canned Fruit, Raisins, Candy, Gum, Comfort Foods, etc.
- Radio: Battery-powered or hand crank radio with NOAA Weather, extra batteries
- Flashlights, battery lanterns, and extra batteries
- First Aid Kit
- Dust masks to filter contaminated air
- Plastic sheeting, duct tape and utility knife for sealing or covering broken windows, a whistle to signal for help
- Manual can opener for canned food
- Charged cell phones & chargers (car charger or a charged power bank recommended in the event of power outages) plus a traditional (not cordless) telephone set
- Masks (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription and non-prescription medications, eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Family and emergency contact information
- Cash or traveler's checks and change
- Sleeping bag or warm blanket for each person. Consider additional bedding for cold weather
- Warm hat, gloves, raincoat or poncho, umbrella and clothes for layering during inclement weather
- Complete change of clothing appropriate for the weather and sturdy shoes
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Camping stove and fuel (outdoor use only)
- Notebook, Paper and Pencil
- Books, games, puzzles or other activities for children

Reminder: Update your kit every six months making sure that all food, water, and medication is fresh and has not expired; clothing fits; personal documents and credit cards are up to date, batteries are charged or replaced.